



High School (9-12) Lunch Menu

August/September 2012

The cost of a paid student meal is \$2.50. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable sides, 2 fruit sides & choice of 1% or skim white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
8/27 Beef Tacos in Whole Grain Shells w/ Shredded Cheddar & Romaine Southwest Pinto Beans Pineapple Tidbits Local Apple	28 Whole Grain Cheese Ravioli w/ Marinara & Parmesan Cheese Whole Wheat Dinner Roll Seasoned Corn Fresh Orange Chilled Peaches	29 Chicken Nuggets w/ BBQ Sauce Whole Wheat Garlic Bun Baked Sweet Potato Fries Chilled Peaches Local Pear	30 Oven Roasted Turkey w/ Gravy & Herb Stuffing Whole Wheat Biscuit Roasted Cauliflower Local Pear Pineapple Tidbits	31 Cajun Seasoned Fish w/ Santa Fe Style Brown Rice Seasoned Broccoli Fresh Banana Local Apple
9/3 <i>Labor Day</i>	4 Creole Red Beans & Brown Rice Romaine & Tomato Side Salad Fresh Orange Chilled Peaches	5 Rotisserie Style Chicken Whole Wheat Garlic Bun Local Collard Greens Chilled Peaches Local Pear	6 Teriyaki Chicken & Broccoli Stir Fry w/ Brown Rice California Stir Fry Local Pear Pineapple Tidbits	7 Chicken Parm Pasta w/ Whole Wheat Spaghetti Glazed Carrots Fresh Banana Local Apple
10 Spicy Glazed Chicken w/ Broccoli Cheddar Brown Rice Roasted Redskin Potatoes Pineapple Tidbits Local Apple	11 Tomato Beef Florentine w/ Whole Wheat Pasta Fresh Spinach Salad Fresh Orange Chilled Peaches	12 Spicy Buffalo Chicken Whole Wheat Flatbread Baked Sweet Potato Fries Chilled Peaches Local Pear	13 Whole Grain Cheese Lasagna Whole Wheat Dinner Roll Seasoned Broccoli Local Pear Pineapple Tidbits	14 Hot Dog on Whole Wheat Bun Baked Beans Fresh Banana Local Apple
17 Baked BBQ Chicken Homemade Cornbread Seasoned Green Beans Pineapple Tidbits Local Apple	18 Baked Cheese Sandwich on Whole Wheat Bread Caesar Romaine Side Salad Fresh Orange Chilled Peaches	19 Whole Wheat Spaghetti w/ Meatballs & Marinara Local Cucumber & Tomato Salad Chilled Peaches Local Pear	20 Lemon Pepper Baked Fish Broccoli Cheddar Brown Rice Local Garlicky Kale Local Pear Pineapple Tidbits	21 Tangerine Chicken w/ Brown Rice Stir Fry Glazed Carrots Fresh Banana Local Apple
24 Grilled Fish Sandwich on Whole Wheat Bun w/ Romaine Lettuce & Homemade Tartar Sauce Southwest Pinto Beans Pineapple Tidbits Local Apple	25 Whole Grain Cheese Ravioli w/ Marinara & Parmesan Cheese Whole Wheat Dinner Roll Seasoned Corn Fresh Orange Chilled Peaches	26 Chicken Nuggets w/ BBQ Sauce Whole Wheat Garlic Bun Baked Sweet Potato Fries Chilled Peaches Local Pear	27 Oven Roasted Turkey w/ Gravy & Herb Stuffing Whole Wheat Biscuit Roasted Cauliflower Local Pear Pineapple Tidbits	28 Cajun Seasoned Fish w/ Santa Fe Style Brown Rice Seasoned Broccoli Fresh Banana Local Apple
Daily Options Available Daily: Deli Bar Sandwich served w/ Carrot Sticks, Locally Grown Apples				
Monday <i>Grab A Stack</i> Grilled Chicken Sandwich on Whole Wheat Bun w/ Seasoned Baked Potato Wedges <i>Outtakes</i> Garden Salad w/ Romaine, Tomatoes, Cheese, Croutons & Whole Wheat Roll <i>Fresh Vegetable</i> Romaine & Tomato Side Salad	Tuesday <i>Grab A Stack</i> Southwest Cheese Whole Wheat Quesadilla w/ Mexican Corn & Salsa <i>Outtakes</i> Chicken Caesar Salad w/ Romaine, Grilled Chicken Strips, Croutons & Parmesan Cheese <i>Fresh Vegetable</i> Baby Carrots w/ Light Dressing	Wednesday <i>Grab A Stack</i> Homemade Cheese Pizza on Whole Wheat Bun w/ Romaine & Tomato Side Salad <i>Outtakes</i> Turkey & Cheese Whole Wheat Hoagie w/ Romaine & Tomato, served w/ Fresh Carrot Sticks <i>Fresh Vegetable</i> Chick Pea Salad	Thursday <i>Grab A Stack</i> Charbroiled Cheeseburger on Whole Wheat Bun w/ Baked Beans <i>Outtakes</i> Tuna Salad Sandwich on Whole Wheat Bread, served w/ Fresh Carrot Sticks <i>Fresh Vegetable</i> Broccoli Florettes w/ Light Dressing	Friday <i>Grab A Stack</i> Homemade Cheese Pizza on Whole Wheat Crust w/ Glazed Carrots <i>Outtakes</i> Chef Salad w/ Romaine, Turkey Ham, Egg, Cheese & Whole Wheat Roll <i>Fresh Vegetable</i> Local Cucumber Coins w/ Light Dressing